



# COMMUNITY NOTES

## DIRECTOR'S MESSAGE



Dr. Robin Joy Berenson

When it comes to the health and well being of families and individuals in our community, the importance of CIP's services cannot be underestimated. The healing and support we provide creates an unmistakable ripple effect throughout the lives and relationships of those we help. Conversely, an individual's unaddressed emotional problems affect family members, classmates or coworkers, and, in some cases, the wider community if public resources are involved. Access to care for the most vulnerable in our community is essential.

There is an urgent, ongoing need for affordable mental health care in Marin. According to the County Board of Supervisors, "30% of families in Marin have an income insufficient to meet basic needs." Financial stress and emotional distress frequently co-exist, creating a negative cycle of helplessness and hopelessness. Conflict, parental substance abuse, housing insecurity are all too common experiences for many children who struggle in school as a result.

Founded with a mission to be an effective resource for those who otherwise cannot afford professional services, CIP has continued to fulfill that mission. Our successful, unduplicated role in the Marin safety-net results from our ability to attract an excellent clinical staff of more than 100 supervisors and trainers, talented and caring intern-therapists, and strong collaborative relationships with agencies, schools and professionals throughout the community. At the outset of our 39th training year, we are looking forward to continuing this important work.

## MEET THE NEW FACES AT CIP

In this issue of *Community Notes*, we are very pleased to introduce five new members of the CIP community: Administrative Manager **Juli Walsh**; Assistant Clinical Directors **Galia Schechter, PsyD**, and **Alex Thomas, LMFT**; Director of Schools Project **Sue Kessner, MS, LPCC**; and Director of CIP's Eating Disorders Program, **Nicole Laby, LMFT**.

**Juli Walsh** joined CIP as Administrative Manager this past spring. "I'm proud to be a part of a non-profit that helps those in need of support," she writes. "Therapy has enriched my life and I understand the importance of what therapy can bring to someone's life."

The mother of two very active teenagers, Juli and her family moved to the Bay Area five years ago from Arizona, where she earned an Associate's Degree in Business. She was a legal assistant for over 18 years and ran her own company for five of those years. Once in the Bay Area, she became a Project Manager for a bathroom design and build firm.

There she was able to gain valuable knowledge in managing customers, designers, contractors and the in-house team for over 200 projects.

Currently she is working on a children's book series with her husband of 10 years and looks forward to finishing the first book this year. Meanwhile, Juli continues to work on her passion of jewelry making, and graduated from a New York college in bead and wire wrapping.

Juli looks forward to being a part of the CIP community. "I'm excited to bring my expertise to share with the interns."



Juli Walsh

## REFERRALS, NEW CLIENTS WELCOME

We are pleased to announce openings for new clients interested in short- and long-term counseling and psychotherapy, thorough assessment, adult support and therapy groups, and psychological testing. Our comprehensive services for couples, individuals, and families are available on a sliding scale fee basis. Private insurance, Partnerships for Health and Medi-Cal are accepted.

Counseling is provided by qualified intern-therapists and licensed therapists with a diverse range of expertise and experience, including crisis intervention, relationships, parenting, life and career changes, self-esteem issues, women's and men's issues, loss and grief. We work with depression, anxiety, trauma, PTSD, dual diagnosis, addictions, and in-depth work the clients with axis II disorders. We stress cultural sensitivity and care for the whole individual, enabling clients to resolve problems and embrace their strengths in order to live with more purpose and passion.

*For a list of services and more information about them, please turn to page 8.*

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## MEET THE NEW FACES AT CIP (CONTINUED FROM PAGE 1)

### Galia Schechter, PsyD, Assistant Clinical Director



It is with great gratitude that I am joining CIP this fall season, and am truly moved by the opportunity to bring forth and manifest so much of what I love, value and am capable of in this role as a supervisor and trainer.

I share and deeply resonate with CIP's attribution of great importance to the awareness, understanding and celebration of our human potential. I believe that psychotherapy holds an extraordinary and sacred role not only toward individual transformation, healing, and growth, but also toward the expansion of community and global consciousness in the

service of justice, equality and peace. In this regard I also appreciate CIP's emphasis on community empowerment and wellness, both among its staff and practitioners as well as within its communities of service. I consider it an immense honor to supervise and train other clinicians in their process of becoming therapists.

Having grown up in Israel, a land of immigrants, and worked, traveled and studied in over 40 countries, I deeply identify as a multi-cultural being. In my work both as a therapist and supervisor/trainer I bring awe and deep curiosity and appreciation toward the richness and beauty of each person's cultural and socio-historical background.

My own therapeutic orientation is philosophically informed by humanistic-existential as well as Buddhist ideas and principles in relation to human existence, suffering and the possibility of change and freedom. These philosophies tend to lend themselves naturally to a variety of beautiful process-experiential, mind-body techniques and practices. I enjoy learning, facilitating and teaching these various approaches and interventions.

Finally, I am lovingly married to a Chilean-born man, and together we have been raising our precious and playful Daniel, now a 12 year old middle schooler. I love the journey of being a parent, with all its challenges and gifts, and consider the last 12 years of my life to be one extended mindfulness practice...

### Alex Thomas, LMFT, Assistant Clinical Director



I graduated from CIIS in 1988 and see myself as a transpersonally oriented therapist. Ongoing career influences on the "personal" are Carl Rogers, Carl Jung, Attachment Theory and Developmental Theory, CBT, and Emotion-Focused Therapy and recent developments in neuroscience. The "trans" is influenced by, again, Carl Jung, as well as Buddhist and Taoist principles.

When I first started working I was more in the "personal" side of things with adults and couples, and continue to be based on the clinical presentation. But the past ten years has shown a rapid surge of interest in a higher or more spiritual dimension of human experience. For example, twenty years ago "mindfulness" was a term only dedicated Buddhist practitioners recognized, but today it is becoming more popular in psychotherapy, medical communities and corporations. Now, when clinically relevant, I bring more of the "trans" into the therapeutic conversation.

In the early 2000s I was clinical supervisor at a smaller organization and enjoyed mentoring a small group of interns, and for seven years I was adjunct professor of psychology at Sofia University where I taught Systems of Psychotherapy and Spiritual Traditions. My dream is one day to teach a class on psychological/spiritual development, neuroscience and quantum physics.

I'm still learning about CIP. It's certainly a larger organization and I'm impressed with the different programs and structures that are in place to serve as a mentoring

(continued page 3)

## CLINICAL STAFF

EXECUTIVE & CLINICAL DIRECTOR  
Robin Joy Berenson, PhD, LMFT

ASSISTANT CLINICAL DIRECTORS  
Galia Schechter, PsyD  
Paula Sitelman, PsyD  
Alex Thomas, LMFT

DIRECTOR OF PRE-DOCTORAL AND  
POST-DOCTORAL PROGRAMS  
Paula Sitelman, PsyD

COORDINATOR, CIP PROFESSIONAL  
DEVELOPMENT SERIES  
Alex Thomas, LMFT

COORDINATOR, INTERN TRAINING  
PROGRAM  
Galia Schechter, PsyD

COORDINATOR, TRAINING FOR  
SUPERVISORS  
Paula Sitelman, PsyD

DIRECTOR OF THE CBT AND DBT  
GROUP THERAPY PROGRAM  
Nancie Jordan, LMFT

DIRECTOR OF COUPLES THERAPY  
PROGRAM  
Pat Shelton, PhD, LMFT  
Marianne Stefancic, LMFT

DIRECTOR OF EATING DISORDERS  
PROGRAM & EMBODY POWER  
PROGRAM  
Nicole Laby, LMFT

DIRECTOR OF SCHOOLS PROJECT  
Sue Kessner, MS, LPCC

DIRECTOR OF WISDOM WARRIORS  
PROGRAM  
Sue Kessner, MS, LPCC

SUPERVISION OF PSYCHOLOGICAL  
TESTING PROGRAM  
Barbara Nova, PhD

(continued on page 3)

*CIP is . . .*

*Healing individuals*

*Helping families*

*Strengthening our community*

## CLINICAL STAFF (CON'T)

### Clinical Supervisors

Sarah Alexander, LMFT  
Julie Auslander, LCSW  
Lonnie Barbach, PhD  
Martin Block, PhD  
Jennifer Carri, LMFT  
Laura Foster Collins, LMFT  
Jane Cunningham, LMFT  
Ralph Daniel, PhD  
Cara DeVries, LMFT  
Mark Edwards, LMFT  
Leora Fulvio, LMFT  
Ann Gordon, PhD  
Hollie Hannan, PhD, LMFT  
Annette Holloway, PsyD  
A. Raja Hornstein, PsyD  
Mark Jensen, PsyD  
Drew Lamden, LCSW  
Jennifer Loyer, LMFT  
Shira Marin, LMFT  
Robin Mayer, MS, LMFT  
Shana Millstein, PhD  
Robert Nemerovski, PsyD  
Anka Paine, PsyD  
Diane Ray, LMFT  
Jane Reingold, LMFT  
Eric Reitz, PhD  
Jennifer Rice, PhD  
Joan Robinson, LCSW  
Caroline Rosales-Wyman, LCSW  
Fred Rozendal, PhD  
Leah Seidler, LCSW  
Ilene Serlin, PhD  
Joshua Simmons, PsyD  
Paula Sitelman, PsyD  
Lizzie Stevenson, LMFT  
Steve Sultmeyer, JD, PhD  
Priscilla Taylor, LMFT  
Maysie Tift, LMFT  
Karen Weinberger, LCSW

### Intern-Therapists

Nalini Calamur  
Jessica Fishburn  
Lena Grintsaig, MA  
Ruth Horton, MA  
Kristi Hudson, MA, MFTI  
Caroline Keystone, MA, MFTI  
Larissa Laska-Ruebusch, MA  
Arley Lindberg, MA, LCSW  
Erica Lindstrom-Dake  
Jason Newman, MA, MFTI  
Stephanie Post, MA  
Priscille Schwarcz-Bessen  
Maytal Shalev, MA  
Makhetsi Tessien  
Ruth Tolly  
Robyn Wilson, MFTI  
Michelle Zody, MA

## MEET THE NEW FACES AT CIP (CONTINUED FROM PAGE 2)

forum for future clinicians. Besides doing psychotherapy, I'm certified in a Qi Gong lineage and provide traditional Feng Shui consultations. And in my other spare time I'm enjoying married life, Italian recipes, cycling in Marin and Sonoma counties, and reading lots of books.

### Sue Kessner, MS, LPCC, Director of Schools Project

I have long known and been a fan of CIP's work in the schools through Marin Community Foundation's School Linked Services Initiative. In my heart I believe in the agency's mission to bring psychotherapy to those who traditionally can't afford it.

I am a Licensed Professional Clinical Counselor, with many years of experience working in schools as a school counselor. In my private practice I provide therapy to both children and adults. With children, my expertise lies in helping them to deal with challenges that arise out of family difficulties. With my teen and adult clients, I am drawn to working with people with addiction and recovery issues, and particularly enjoy counseling women engaged in transitional periods in their lives. I specialize in the treatment of anxiety and depression. My background is in humanistic psychology and I practice Cognitive Behavioral and Solution-Focused Therapy.

I am looking forward to establishing relationships with the entire CIP community, both the therapists and interns. I feel we have much to learn from one another. I am also looking forward to touching the lives of the students we serve through the Schools Project.

I live in Southern Novato with my beloved husband of 20 years and my delightful and headstrong parrot. I enjoy traveling, hiking, cooking for friends, reading and soaking in hot springs.



### Nicole Laby, LMFT, Director of Eating Disorders Program

I value the comprehensive and organized learning environment that CIP offers. I'm excited to grow with the program as I participate. When I was a graduate student I longed for a community-based academic environment like this one. The interns receive the kind of support necessary for building their foundations as therapists. I'm also impressed with the commitment from the staff. Staff devotion comes from a giving and generous place; this can only encourage the community to thrive.

I'm looking forward to working with the interns and helping them to find their unique therapeutic style. Eating disorders are complex. I enjoy the process of helping students/colleagues/interns find a way to help their ED clients overcome emotional and physical challenges.

While I'm an LMFT with a specialization in eating disorders, I'm also passionate about working with groups and families. Additionally, I worked with a triple diagnosed and forensic population for eight years and learned how to care for myself while caring for my clients.

My passion for creativity facilitated writing and directing *Erasing ED*, my documentary about eating disorder recovery. I also co-wrote a text book, *The Erasing ED Treatment Manual*, to help students and colleagues learn the practice of working with ED clients. I've received many emails from people nationwide who saw my film on PBS and felt inspired to overcome their disorders, and this is absolutely the best part of making the film.

I am very fortunate to be the mom of my twin five-year-olds! I enjoy spending time hiking and pretending to be "rainbow-powered-super-hero-frog-people" (my daughter's words) with my husband and kids. I'm also a musician and have a company that composes music/performs for modern dance choreography. Music and Psychotherapy offer such a great balance!



# PROFESSIONAL DEVELOPMENT SERIES 2015–2016

*Creating the space for learning together in our community.*

## FALL SCHEDULE

For the complete 2015-2016 schedule, including information on the topics, learning objectives and presenter bios, or to register, please visit our Professional Development page at [www.cipmarin.org](http://www.cipmarin.org) or call (415) 459-5999x101.

CIP's Professional Development Program creates opportunities for mental health professionals to enhance their personal and professional development and an ongoing supportive network. After each program, there will be a 30-minute Community Networking Session for connecting and informal conversation.

### SEMINAR FOR PROFESSIONALS

6 CEs for MFTs & LCSWs and 6 CEs for Psychologists

CIP Member Rate: \$75 early registration, up to 10 days prior to seminar, \$85 after.

Non-member Rate: \$110 early registration, up to 10 days prior to seminar, \$120 after.

Location TBD.



#### THE NEUROPHYSIOLOGICAL IMPACT OF COMPLEX TRAUMA

Stephanie Smith, PhD

Saturday, October 24, 2015; 9 am – 4 pm

Community Networking Session 4 – 4:30 pm

### CLASSES

4 CEs for MFT & LCSWs and 4 CEs for Psychologists

CIP Member Rate: \$50 early registration, up to 10 days prior to class, \$60 after.

Non-member Rate: \$75 early registration, up to 10 days prior to class, \$85 after.

All classes held at CIP unless otherwise noted.



#### BEHIND THE MASK: WORKING WITH MEN IN PSYCHOTHERAPY

Gary Gross, LMFT

Saturday, October 10, 2015; 9 am – 1 pm

Community Networking Session 1 – 1:30 pm



#### EATING DISORDERS: A SUCCESSFUL APPROACH TO TREATMENT USING ATTACHMENT THEORY, WITH AN EMPHASIS ON HEALING BODY IMAGE DISTORTION

Nicole Laby, LMFT

Saturday, December 5, 2015, 9 am – 1 pm

Community Networking Session 1 – 1:30 pm

### STUDY GROUP

6 CEs for LMFTs & LCSWs and 6 CEs for Psychologists.

Certificates issued after completion of the three sessions.

CIP Member Rate: \$75 early registration, up to 10 days prior to first session, \$85 after.

Non-member Rate: \$110 early registration, up to 10 days prior to first session, \$120 after.

Study group held at CIP.



#### ENGAGING WITH DREAMS

Meredith Sabini, PhD

Wednesdays, October 14 & 21 and November 4, 2015, 10 am – 12 noon

Community Institute for Psychotherapy is approved by the American Psychological Association to sponsor continuing education for psychologists. Community Institute for Psychotherapy maintains responsibility for this program and its content. Each class has been approved for CE credit by the Board of Behavioral Sciences Examiners (PCE595).

Cancellation Policy: All cancellations must be received in writing 10 business days prior to the seminar or class. We will issue a refund minus a \$10 cancellation fee.

### MEMBERSHIP RENEWALS DUE

If you haven't already, now is the time to renew your membership!

In addition to reduced fees for seminars and classes, CIP members receive a listing in the Annual Membership Directory (if membership completed and information received by September 15, 2015), and are eligible to submit updates about their practices, publications, or workshops.

Membership Fee: \$50 for licensed professionals; \$30 for associate (unlicensed) members.

To become a member and/or for complete information on all our 2015-2016 seminars and classes, please see the "Professional Development" page on our website at [www.cipmarin.org](http://www.cipmarin.org).

Questions?

Phone (415) 459-5999 x 101.

### SIGN UP TODAY FOR CIP'S TWO MONTHLY E-NEWSLETTERS:

*Professional Development Update* features

- Latest information on CIP's upcoming seminars, classes and study groups
- Member news

*News & Notes* offers

- Health tips and information for families and individuals
- Updates on CIP activities and upcoming events

To sign up, email [admin@cipmarin.org](mailto:admin@cipmarin.org).

## INNOVATION, INTERVENTION MARK 2014-2015 SCHOOLS PROJECT

During the 2014-2015 school year, six CIP intern-therapists provided weekly onsite services at Coleman Elementary School, Davidson and Miller Creek middle schools, and San Rafael High School, delivering approximately 1,300 hours of counseling for the year. Intern-therapists worked one-on-one and in small groups with students.

This school year was deemed highly successful by both CIP clinical staff and school personnel. Students were aided in problem resolution, discovering healthy coping strategies, and strengthening interpersonal connections and other protective factors, including resiliency. All participating schools have enthusiastically requested services for 2015-2016.

At the same time, there was an exceptional number of very serious cases. Contributing factors included the deaths of loved ones or other losses, and difficult home environments, including parental substance abuse, isolation and conflict. Several students were referred for services at CIP offices to receive more intensive counseling than can be offered in the school setting. A few of these students continued to receive counseling throughout the summer. When appropriate, CIP intern-therapists and school staff referred youth for psychiatric treatment and other needed services not available through CIP.

While the minority, such situations underscore the critical importance of providing disadvantaged adolescents access to services such as CIP's Schools Project so that those suffering from serious mental health disorders can be identified and referred for appropriate services in a timely fashion. They also highlight the importance of the home environment for youth's school readiness, ability to focus and learn, and healthy social development.

This year, CIP school services were enhanced by a pilot program, Resiliency Education and Family Support, offering a resiliency education curriculum and in-depth student assessments and family consultation. These additional services had been requested by school administrators and counselors, with whom the program was designed. The preliminary results were excellent. As a result, these components—resiliency education, assessment, and family support—have been integrated into the 2015-2016 Expanded Schools Project.

*Paulo\* was born in South America and raised there until the age of six, when he and his grandmother came to the U.S. to live with Paulo's parents and siblings. The transition was very rough for Paulo, having new parents and learning how to be in school. Even more, he and his parents did not get along. They didn't know how to discipline without being abusive, and Paulo and his siblings suffered physical, psychological and emotional abuse. When this was discovered, social services intervened.*

*After a time, Paulo learned how to assimilate and realized he was born gifted in music and art, knowing how to play many different instruments intuitively. His parents did not encourage this gift. Paulo began seeing a CIP intern-therapist at his school, and found the sessions to be very helpful and meaningful. The caring and support from the intern-therapist enabled Paulo for the first time to believe in himself and feel proud for who he was. Paulo was just accepted to college and has a much more compassionate relationship with his parents and himself.*

\*Name and circumstances have been altered to assure confidentiality.

## PROGRAM FOR THE HOMELESS BEGINS IN SEPTEMBER

This month, CIP begins work at a new off-site program, San Rafael Downtown Streets Team. Founded in Palo Alto in 2005 and adopted by several cities in the Bay Area, Downtown Streets Team employs homeless men (70%) and women (30%) in a work readiness program. Supported by the City of San Rafael, participants engage in public works projects each day. The mission is simple: Give people the tools they need to transition off the streets in a way that is sustainable.

When Downtown Streets Team members are ready, they begin working with case management and employment support staff to transition into permanent employment and housing.

This is where CIP comes in. A CIP intern-therapist will work off-site at the Downtown Streets Team's facilities for up to four hours per week, providing counseling and support for team members to help them succeed in meeting their goals. In counseling, the focus will be on addressing immediate needs, and identifying ways to strengthen individuals' own resources and resiliencies.

The CIP intern-therapist will provide a therapeutic bridge to community services by helping to identify problem areas clients are having, providing support, and determining which referrals are appropriate.

Support CIP's work  
in the community!

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Visit [smile.amazon.com](http://smile.amazon.com)  
to learn more!

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*A Heartfelt Thank You to Our Donors:* July 1, 2014 – June 30, 2015

*We gratefully acknowledge the generous support of our donors and grantors. You make our work in the community possible! Because of you, CIP is here helping families, healing individuals, and strengthening our community. Thank you!*

**Circle of Inspiration**

Nancy Bertelson  
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Trista Akers  
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Arleen Joseph  
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Elaine Keystone  
Jennifer Keystone  
Ananth Koppikar  
Janet Kunze



*Team CIP at the 2015 Marin Human Race. Thank you, Team! (left to right) Shelly, Larissa, Caroline, Robert, Mark, Paula, Robin, Lucy, Ruth. Front: Chris, Kristi.*

Pamela Lakey  
Andrew Latham  
Debbie & Tom Lindberg  
Colleen Martin  
Amanda Medrano  
Marie Mintalucci  
Michael Newmark  
Emily Nozick  
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Anthony Pimentel  
Claudia Piotrkowski  
Sue Rahman  
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Luke Wold  
Tom Wold  
Holly Woods  
Katherine Zody  
Michelle Zody  
Bernard Zylberberg

## 2015 COMMUNITY CARES! CAMPAIGN

Each year, CIP provides more than 7,000 hours of quality mental health services to more than 700 families, adults and children, thereby providing a critical safety net for those in our community. By becoming a *2015 Community Cares!* sponsor, you help CIP to bring healing, health, and hope of a brighter tomorrow to those in need.

As a *2015 Community Cares!* sponsor, your support will be recognized through a comprehensive publicity campaign, including your company logo and write-up on CIP's website, and in print and monthly online newsletters, as well as press releases, and social media. Sponsorships start at \$1,000. For more information about how to become a *2015 Community Cares!* sponsor, visit [www.cipmarin.org](http://www.cipmarin.org).

Thank you! to our *2015 Community Cares!* sponsors:

Bank of Marin ([www.bankofmarin.com](http://www.bankofmarin.com))

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Wordsworth ([wordsworthofmarin.com](http://wordsworthofmarin.com))

## THANK YOU FOR CARING! EVENT TO FEATURE AUTHOR LINDA GRAHAM

To honor their generous *Community Cares!* sponsors, grantors, and donors, the CIP Board of Directors will host a very special *Thank you for Caring!* wine and cheese reception on Sunday, November 8. The event will provide the chance for CIP supporters and Board members to meet and mingle.

In addition to enjoying great company, guests will be treated to a talk by **Linda Graham, LMFT**, an experienced psychotherapist and former CIP Clinical Supervisor. In her highly acclaimed book, *Bouncing Back: Rewiring Your Brain for Maximum Resilience and Well-Being*, Linda integrates modern neuroscience, mindfulness practices, and relational psychology to demonstrate how we can regain and strengthen our innate resilience.

CIP Board President Lynn Lent explained, "We are delighted to offer our supporters a presentation on such an informative and cutting-edge topic. Resilience enhances every aspect of life, from the workplace, to community relationships, to home and family."

Sponsors and donors of \$100 or more will receive an invitation to the *Thank you for Caring!* event. To become a sponsor or to make a donation, visit [www.cipmarin.org](http://www.cipmarin.org) or call (415) 459-5999 x100.



*Linda Graham,  
LMFT*

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## SPOTLIGHT ON WORDSWORTH COMMUNITY CARES! SPONSOR

Like CIP, Wordsworth and its co-owners **Barbara and Laurence Brauer** have been at work serving the Marin community for more than 30 years. Beginning as a word processing business in 1984, Wordsworth has expanded its range of services and expertise to include book design, prepress book production and layout, writing, editing, and project management. Among its longstanding clients are the Marin Poetry Center, Hip Pocket Press, the San Geronimo Valley Community Center—and CIP, with which the Brauers began working in 1988.

Barbara finds Wordsworth's enduring relationship with CIP especially gratifying. "I know firsthand the work that CIP carries out month after month, school year by school year, expertly and cost-effectively. As the public becomes more aware of the importance of mental health, it's increasingly clear that timely access to care can be the difference between ongoing dysfunction, even tragedy, and healthier, productive, and fulfilling lives. For this reason, Wordsworth is proud to support CIP through the *2015 Community Cares!* Campaign."

**WORDSWORTH**  
[www.wordsworthofmarin.com](http://www.wordsworthofmarin.com)



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#### WHO WE ARE

*Community Institute for Psychotherapy (CIP) is a nonprofit, tax exempt center founded in 1977 to provide high-quality, low-cost counseling and psychological services to individuals and families who don't have the resources to pay full fees for professional help. CIP offers a full range of services designed to meet a variety of needs.*

*We at CIP believe that through psychotherapy, training, education, and prevention, we have a vital role to play in personal and global change. We believe the healing of the individual and the healing of the planet are inseparable.*

*Our work is accomplished in cooperation and coordination with a wide variety of public and private agencies and individuals throughout Marin County.*

Visit us at [www.cipmarin.org](http://www.cipmarin.org)

## NEW CLIENTS WELCOME, CONTINUED FROM PAGE 1

We welcome referrals of families, couples, and individuals. Our on-site programs are offered on a sliding scale six days a week, 13 hours a day at our downtown San Rafael offices. To schedule an appointment, call (415) 459-5999 ext. 102 and leave a message. Find complete information on our website at [www.cipmarin.org](http://www.cipmarin.org).

- **Individual and Family Therapy:** Comprehensive services to resolve problems and restore emotional well being for improved quality of life.
- **Adult Therapy Groups:** Opportunities for self-exploration and interpersonal learning to enhance communication skills and the ability to set and achieve personal goals.
- **Couples Emotionally Focused Therapy Program:** Support to enhance and deepen relationships, improve communication, and end repetitive conflicts.
- **Eating Disorders Treatment and Prevention Program:** Comprehensive, effective treatment for individuals struggling with food issues, disordered eating, and/or body image and weight.
- **Psychological Testing:** To enhance the quality and effectiveness of adult individual therapy.
- **Support for Single Parents and their Children:** Counseling to improve home environments, strengthen child-parent bond, and maximize children's school readiness and healthy long-term development.
- **Support for Survivors of Childhood Abuse:** Healing from trauma and help to overcome intimacy issues, substance abuse, and other problems, and reestablish emotional well being.

We know that prevention is the best strategy and we encourage people to seek help at the earliest signs of problems to prevent escalation or problems becoming entrenched. Early intervention is particularly effective in couple's relations and disordered eating. Our Couples Emotionally Focused Therapy Program and Eating Disorders Treatment and Prevention Program have multiple openings.